

# Type of psychological distress code N[N]

## Identifying and definitional attributes

**Metadata item type:** Value Domain

**METEOR identifier:** 634037

**Registration status:**

- [Health](#), Standard 28/04/2016

**Definition:** A code set representing types of anxiety and depressive symptoms.

## Representational attributes

**Representation class:** Code

**Data type:** Number

**Format:** N[N]

**Maximum character length:** 2

**Permissible values:**

Value	Meaning
1	Tired out for no good reason
2	Nervous
3	So nervous that nothing could calm you down
4	Hopeless
5	Restless or fidgety
6	So restless that you could not sit still
7	Depressed
8	Like everything was an effort
9	So sad that nothing could cheer you up
10	Worthless

## Collection and usage attributes

**Guide for use:** This question is sourced from the Kessler-10 (K-10). The scale consists of ten questions about non-specific psychological distress and seeks to measure the level of current anxiety and depressive symptoms a person may have experienced in the four weeks prior to interview.

## Source and reference attributes

**Submitting organisation:** Australian Institute of Health and Welfare

## Relational attributes

**Data elements  
implementing this value  
domain:**

[Person—type of psychological distress, code N\[N\]](#)

- [Health](#), Standard 28/04/2016

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